

# Commanders



Riggs

Not everyone who answers freedom's call in Bosnia, Kuwait, or some other hotspot around the world is a member of the Armed Forces. Sometimes that person in BDUs wears a different designation on that uniform—a red cross. It is fitting that I take this time to recognize what the Red Cross does for the Mountain Post Team as March is Red Cross Month.

Ours is a small Red Cross Office—only nine employees. But thanks to volunteers and the rest of the staff picking up the extra workload when nearly half of the office is serving around the world, the organization continues to assist Fort Carson's soldiers and families. The Red Cross has been here since Camp Carson days and has provided a myriad of services to Mountain Post soldiers.

Today, the Red Cross provides emergency communications between the service members and their families and will verify emergencies for the spouse in the same way they do for the military member. They also provide financial emergency assistance when needed. These emergencies can be anything, to include a family member's death, a very serious illness or injury, a child care breakdown, or a birth announcement.

In fact, during the past year, our Red Cross office handled 3,400 emergencies. In

some cases, they also provided emergency transportation. Amazingly, at the same time, they also taught 305 health and safety courses to 2,500 students.

The Red Cross office is also here to provide yet another major service—disaster assistance to the Mountain Post. Although there hasn't been a flood or other natural disaster at Fort Carson in recent memory, there have been instances in the past year when fire struck three of our families—and Red Cross was there.

As I alluded to above, many of our great Red Cross workers are no strangers to deployment.

Last week I learned that Keryn Lloyd, a member of the American Red Cross here at Fort Carson, is headed to Kuwait. She was notified Feb. 12 and was on her way within six days.

Karrie Sorey is about to complete her 120-day tour in Bosnia and will return to her desk at Fort Carson next month.

Adri Winkelhake is also away from her after-hours position at the Fort Carson Red Cross Office. She's assisting flood victims in rain-soaked northern California.

Here at home, Debby MacSwain, our station manager, has been with Red Cross for 30 years. She credits great case workers, some of whom are volunteers, for keeping the office going throughout staff shortages. This great staff includes... Lucille Redding, field office assistant and the backbone of the

Red Cross Office; Jim White, an assistant station manager also subject to mobilization; Gail Pallesen, a case worker; and Adri Winkelhake, Tamara Ames and Susan Trapp, who are after-hours workers.

In addition, Ms. MacSwain oversees two employees at Peterson Air Force Base who handle emergency communications for the Air Force members in the area, including the Air Force Academy.

Yet another one of the unsung heroes for the Red Cross is Marty Hewitt, who serves as the station chairman—a volunteer position. Ms. Hewitt was instrumental in getting the dental assistant program started. Now, five military spouses are currently involved with intensive volunteer on-the-job training in the dental clinic—30 hours a week for six months. Once these volunteers have completed the training, they will be certified as dental assistants. What a worthy program!

But again, we know the Red Cross couldn't do it without their volunteers, and Ms. Hewitt provides the leadership for this program. Some 155 volunteers gave 52,000 hours of work to Fort Carson last year. Volunteers worked in health and safety courses, helped with case work and worked throughout the hospital. Think of that—52,000 hours of donated service! That's equivalent to 6,500 eight-hour days which family members and retirees have donated to the Fort Carson community. They receive no payment but our thanks.

## Sound Off!

### Why are volunteers important to Fort Carson?



Marty Hewitt  
Red Cross  
Fort Carson

could not afford to hire the number of people to fill the positions that volunteers fill or the number of hours they give.



Spc. Jason Soloman  
1-8 Inf.

Volunteers are important because we don't have to hire outside help. Volunteers cut down the cost of everything.



Stanley Miedich  
Air Force retiree

Because what a community does affects everyone in the community—friends, family and neighbors. Volunteers have a positive effect on



Judy Dutt  
DoD civilian

In the day we're now in with downsizing, if we didn't have volunteers, then many of the services we have become used to having simply wouldn't be avail-

**On the cover: Cpl. Tyler Willson, Company A, 4th Engineer Battalion, goes over a rock drill for Bangalore Breach Tuesday during his unit's Squad Evaluation Exercise downrange on Fort Carson. (Photo by Cpl. Vincent Picard)**

#### MOUNTAINEER

##### Commanding General:

Maj. Gen. John M. Riggs

##### Public Affairs Officer:

Lt. Col. Steven W. Panton

##### NCOIC/Editor:

Staff Sgt. Rick Emert

##### Military Editor:

Cpl. Vincent Picard

##### Sports Editor:

Pfc. Socorro A. Spooner

##### Community Editor:

Cpl. MK Garrott

##### Happenings Editor:

Nel Lampe

##### Graphics Designer/Typesetter:

Sandra Marin

This newspaper is an authorized photo offset publication produced weekly in 15,000 copies for members of the Army. Contents are not necessarily the view of the Army or Fort Carson.

The Mountaineer is an unofficial publication authorized by AR 360-81. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The Mountaineer is printed by Gowdy Printcraft Press, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson.

The appearance of advertising in this publication, including inserts or supplements, does

not constitute endorsement by the Department of the Army or Gowdy Printcraft Press, Inc., of the products or services advertised. The Printer reserves the right to reject advertisements.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

Subscriptions are available for \$40 per

year.

All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO 80903, phone (719) 634-1593. The Mountaineer's editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1430 (post headquarters), Fort Carson, CO 80913-5000, phone (719) 526-4144 or 4146.

Releases from outside sources are so indicated. Army News Service (ARNEWS) releases are received from Headquarters, Department of the Army.

Public Affairs Policies and statements

# News

## Aircraft recovered despite location, weather

by Maj. Larry Dorsett  
Company K, 158th Aviation  
and  
Cpl. MK Garrott  
Mountaineer staff

Usually, in aviation recovery missions, an aircraft just lands hard in an open area, gets picked up by a 7 1/2 ton crane, loaded on a flat bed truck and the team brings it home. That's under normal circumstances. The circumstances surrounding the crash and recovery of aircraft 284 were anything but normal.

When the UH-60 Blackhawk struck a power line during a training mission with the 10th Special Forces Group, it crashed in the middle of a bunch of trees. The aircraft then rolled onto its left side. Since the damage to the aircraft was so costly, an investigative team was called for immediately, and then because of the location of the accident, two CH-47 Chinooks from Company B, 214th Aviation Regiment, Fort Lewis, Wash., were called in to slingload the crippled helicopter from its site. No wheeled vehicles could get anywhere near the actual site; all team members and leadership were taken there by snow mobile.

We couldn't have done it without the guys from Special Forces, said Spc. Todd Spindler, Company K, 158th Aviation, 3rd Armored Cavalry Regiment, of the 10th SFG soldiers who operated the snow mobiles.

Company K's recovery team, consisting of 17 soldiers, including aviation mechanics,

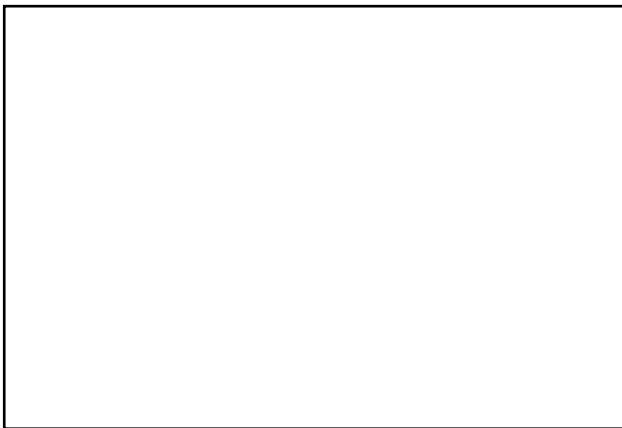


Photo by Maj. Larry Dorsett

**Aircraft 284 sits on a truck ready for its ride home after crashing one week earlier.**

wheeled vehicle mechanics and fuel handlers, was led by Chief Warrant Officer Michael Macy and Staff Sgt. Mark Martin. The team and the Chinooks arrived just outside of Leadville, near Turquoise Lake, on Feb. 6 in the late afternoon. After beginning the rigging process, the mission was halted and the next morning the team returned to finish rigging and attempt the recovery.

We tried on Saturday (Feb. 7), but the visibility was about 30 yards and there was anywhere from two to nine feet of snow. It was very, very cold, said Spindler.

The Chinooks were unable to get anywhere near the downed aircraft, so the mission was called off again.

The amount of snow and site of the crash was also cause for avalanche concerns. Specialist Michael Dash, also of Co. K, happened to have been through some civilian classes on the subject and was sent as the resident expert.

The avalanche assessment was anywhere from moderate to high. I provided devices to let people be found, should they get covered by an avalanche, said Dash.

Company K has completed eight recoveries since May 1996 when Martin arrived at the unit. To his knowledge, the team had never attempted a slingload type recovery. Other times they drove a truck right up to the wreckage, lifted it with a crane and hauled it in.

We had practiced this technique at the (National Training Center, Fort Irwin, Calif.) but had never actually attempted one, said Martin.

After the rigging by Co. K's team, it was the Chinooks' job to fly the aircraft to a nearby dam over Turquoise Lake.

The aircraft was defueled and 284 was finally loaded and secured onto the trailer of the truck. The route back to Fort Carson had been reconnoitered to ensure the oversized load would fit under overpasses and power lines.

It went excellent, considering the location, weather and trying the slingload for the first time, said Martin.

The mission went off without a hitch, due

Mountain Post Team MVP



Hewitt

Marty Hewitt  
American Red Cross

This week's Mountain Post Team MVP is Marty Hewitt, station chairman, American Red Cross.

Hewitt has contributed hundreds of hours in her seven years of working with the American Red Cross. She has worked with the Fort Carson ARC office for three years.

As station chairman for the Fort Carson ARC, Hewitt is the volunteer counterpart of the

station manager, Debby MacSwain, and shares leadership responsibility for all of the station's programs.

She takes special care to develop volunteer programs and was instrumental in implementing the new Red Cross/Dental Clinic training program. The program trains family members in dental assistance. The first class is now in progress and a second class will be scheduled for the fall, said MacSwain, who nominated Hewitt for recognition as this week's MVP.

Marty epitomizes the saying: Volunteers are the Heart of the American Red Cross,

This feature in the Mountaineer will spotlight a soldier, Department of the Army civilian, retiree or family member each week for an outstanding act or performance. We need nominations to run this feature every week. Each week, the MVP will be selected from nominees sent in by members of the Fort Carson community. Nominations should include the person's full name, rank or title, what they did that resulted in the nomination and a phone number where they can be reached. The deadline for nominations is 3 p.m. Thursday for the following week's Mountaineer. Nominations can be faxed to 526-1021 or mailed to:

Mountaineer  
Public Affairs Office, Building 1430  
Fort Carson, CO 80913-5000.

MILITARY

MOUNTAINEER  
February 27, 1998

15

16

MOUNTAINEER  
February 27, 1998

MILITARY

26

MOUNTAINEER  
February 27, 1998

MILITARY

22

MOUNTAINEER  
February 27, 1998

MILITARY

20

MOUNTAINEER  
February 27, 1998

MILITARY

MILITARY

MOUNTAINEER  
February 27, 1998

21

MILITARY

MOUNTAINEER  
February 27, 1998

25

CLASSIFIED

MOUNTAINEER  
February 27, 1998

33

32

MOUNTAINEER  
February 27, 1998

CLASSIFIED

CLASSIFIED

MOUNTAINEER  
February 27, 1998

35

34

MOUNTAINEER  
February 27, 1998

CLASSIFIED

36

MOUNTAINEER  
February 27, 1998

SPORTS & LEISURE

MOUNTAINEER  
February 27, 1998

31

B8

MOUNTAINEER  
February 27, 1998

Happenings

B4

MOUNTAINEER  
February 27, 1998

Happenings

8

MOUNTAINEER  
February 27, 1998

COMMUNITY

12

MOUNTAINEER  
February 27, 1998

COMMUNITY

26

MOUNTAINEER  
February 27, 1998

SPORTS & LEISURE



# Community

## Celebration brings audience to feet Closes out Mountain Post's Black History month observances

by Pfc. Socorro A. Spooner  
Mountaineer staff

The audience cheered and danced during the annual Black History Celebration held Feb. 20 at McMahon theater in observance of Black History Month.

The enthusiasm of the full house could be felt from outside the doors of the auditorium.

The evening started with an oration by Angie Cole, who recited a poem dealing with what is to come on judgment day. Once she finished, the crowd cheered for her moving recital.

This helped to pump the crowd for soloist Sgt. 1st Class Kate Jones from Harmony in Motion who sang Sometimes I Feel Like a Motherless Child. The crowd listened quietly and attentively as Jones sang her rendition of the song.

Once she finished, it was time for the Colorado Mass Choir to take the stage. The professionally recorded group took the

stage by storm with its gospel style of music. The choir, which is directed by Joseph Pace, was full of enthusiasm as it sang and danced throughout its performance.

We are excited to celebrate with you, said Pace.

The audience was

moved so much by his words that when the music began so did they.

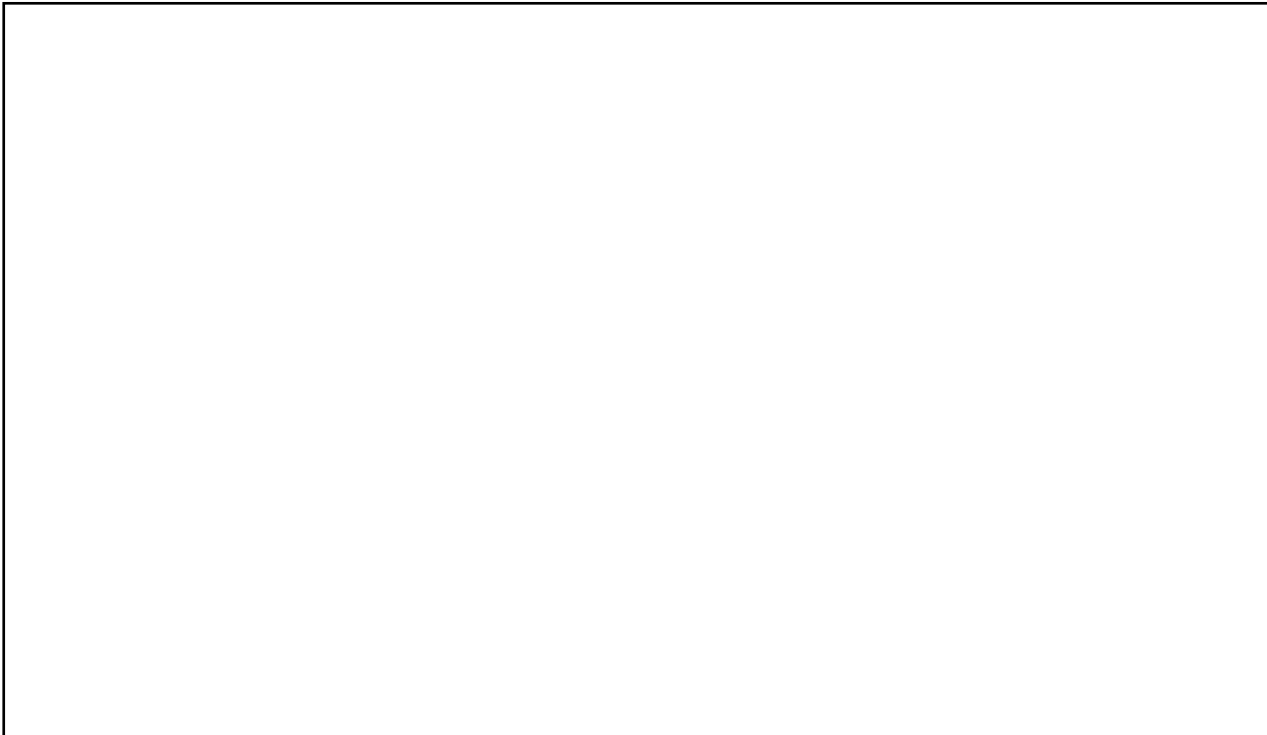
The audience began to sing and dance right along with the choir. Excitement and a sense of unity filled the air during the performance.

The choir left some big shoes to fill, but this wasn't a challenge taken lightly by the Anointed Youth of Colorado choir. The members sang with such enthusiasm and fun that the audience couldn't help but participate and applaud the group during its performance.

The celebration ended with an awards presentation to all of the contributors of the



Photos by Socorro A. Spooner  
**The Anointed Youth of Colorado Choir brought the crowd to their feet.**



**The Colorado Mass Choir performance was one of many selections during the celebration.**

## Black History museum in downtown Denver tells it like it was

by Black American West  
Museum  
and Heritage Center

A museum dedicated to preserving the history and culture of those Black American men and women who helped settle and develop the great American West is located near downtown Denver.

The Black American West Museum and Heritage Center is located at 3091 California St. five minutes northeast of downtown Denver.

The museum began as the personal hobby of Paul Stewart. Stewart remembers playing cowboys and Indians as a child, and he always had to play an Indian because he was told there's no such thing as a black cowboy. As an adult, Stewart met a black cowboy who had led cattle drives at the turn of the century. Stewart vowed to learn all he could about other Black American western pioneers.

The original Paul Stewart

Collection formed the nucleus for the museum which started operation in 1971.

Today, the Black American West Museum and Heritage Center is one of the most comprehensive sources of historic materials about black Americans in the West.

The museum includes information about black cowboys, black American early settlers in Colorado, and black soldiers, including the Buffalo Soldiers.

The museum is housed in the original home of Dr. Justina Ford. Originally located at 2335 Arapahoe St. in Denver, the building was scheduled for demolition in 1983.

Through the efforts of the Black American West Museum and Heritage Center, community leaders, politicians and Historic Denver, Inc., the home was saved from the wrecking ball and relocated to its present location. It was placed on the National Register of Historic Landmarks.

Dr. Ford settled in Denver in 1902 with a degree from Hering Medical College in Chicago.

Despite the obstacles facing a black woman doctor near the turn of the century, she established a very successful and long-lived home practice.

She was denied hospital privileges in local hospitals for many years, making it necessary for her to have a home practice. Known as The Lady Doctor, she delivered more than 7,000 babies.

The Black American West Museum and Heritage Center's winter hours from Oct. 1 to April 30, are from 10 a.m. until 5 p.m. Wednesday, Thursday and Friday; and from noon to 5 p.m. on Saturday and Sunday. It is closed Mondays and Tuesdays.

Beginning May 1, the museum is open from 10 a.m. until 5 p.m. Monday through Friday, and Saturday and Sunday from noon to 5 p.m.

It is closed Easter, Thanksgiving, Christmas and New

### New exhibit set to open Saturday

The Colorado Historical Society presents Invisible Hero: The Untold Story of the Black Cowboy beginning Saturday at the Colorado History Museum, 1300 Broadway in Denver's Civic Center Cultural Complex.

The exhibit relives the days of Deadwood Dick, Bill Pickett and many other black cowboys of the West.

Museum hours are: Monday through Saturday, 10 a.m. to 4:30 p.m. and Sunday, noon to 4:30 p.m.

For more information, call 866-3682.

# Face shields, mouthguards smart when playing sports

## Dental Activity

Oral, facial, eye and head injuries to children have become increasingly common. They occur in many sports, not just in the traditionally recognized collision sports of football, hockey and lacrosse. Youth baseball and softball now lead all sports in the number of oral, facial, eye and head injuries. The American Academy of Pediatric Dentistry recommends that all children participating in baseball or softball wear a helmet with a face shield.

During the 1970s the injury rates in football, hockey and lacrosse decreased

impressively because all players were required to wear a helmet, a faceguard and a mouthguard. Recent reports of high school basketball injuries support the need for a mandatory mouthguard rule.

The Fort Carson Dental Activity notes that the athletic mouthguard is clearly one of the most effective pieces of equipment available with documented effectiveness against dental trauma and concussion.

All mouthguards offer some measure of protection against injuries. Parents and athletes should recognize the types of mouthguards and the limitations of each.

There are three main types of athletic mouthguards: the stock type, the mouth-formed type and the custom-fitted type. Research has shown that the custom-fitted is clearly preferable to athletes when given a choice. Certain sports, such as football, with stop and go activity, may be able to utilize a less than optimally fitted mouthguard attached to the face protector. The custom-fitted mouthguard is much more desirable in sports with continuous action such as basketball and soccer.

The Dental Activity cautions parents that orthodontic retainers should not be used

# Soldiers, family members participate in AFAP

by Nel Lampe  
Mountaineer staff

Another successful Army Action Plan Forum met at Elkhorn Conference Center Feb. 11. An enthusiastic cross section of community members active duty soldiers (including single soldiers, single parents, dual military family members) retirees, civilian employees and family members composed the forum.

The Army Family Action Plan is a Total Army Quality process which promotes positive change, according to Nancy Montville, Outreach Program Manager. Members of the community identify

issues that soldiers and their families have about quality of life. These community members also propose solutions.

The delegates participated in eight different work groups. Subject matter experts attended each work group to provide answers to questions which might arise. Two facilitators and a recorder were members of each work group.

This year for the first time all delegates, facilitators and recorders received training prior to the seminar, according to Montville. The training addressed the purpose of the conference, participation guidelines and what to expect.

Renee Hilman, a member of the Outreach staff, coordinated preparations for the AFAP. Georgia Solseth was the conference coordinator. But without the volunteers and the

support of the command, the conference could not have happened, Montville said.

The goal of the Fort Carson Forum is to identify issues which concern members of the Fort Carson community. Once the issues have been identified, the delegates evaluate and prioritize those issues. The delegates also help establish objectives for change.

Many issues can be resolved locally, according to Montville.

About 90 percent of the issues can be handled here, Montville said. That leaves about 10 percent of the issues to be forwarded to FORSCOM.

At 8 a.m., delegates began discussing issues relating to Youth/Education; Housing/DPW; Health/Dental; Employment/Volunteers; Family Support; Entitlements/Benefits; Force Support/Leadership; and Relocation/Sponsorship/Transition.

In the afternoon the eight action groups presented the concerns which had been identified and prioritized in a report-out. About 40 military leaders also attended the report-out at the Elkhorn center ballroom.

Major Gen. John M. Riggs, Fort Carson's commanding general, thanked the delegates for their participation. I know we have issues, he said, and it is good to hear you talk about them.

Following the presentation, the delegates voted for the top five AFAP issues, which are listed below.

Adam Hebert, 17, was the youngest person attending the forum. He was a member of the discussion group which discussed youth and education issues. I enjoyed the conference, Hebert said. Hebert's concerns were



Photos by Nel Lampe

**Georgia Solseth opened the afternoon session of the Army Family Action Plan Forum. Inset: Maj. Gen. John M. Riggs, commanding general, takes notes during the AFAP Forum Report Out session.**

Child Youth Service trips which are sometimes canceled because of lack of participation. The delegates in the youth and education group were receptive to hearing Hebert's ideas and views, he said. He got feedback and suggestions from members of the group.

Although Hebert's item of concern did not make his group's final list to be presented in the report-out, Hebert was pleased with the outcome. Hebert said it felt good to be part of making a positive change for the community.

First Sgt. Lon Hardy, of the Headquarters, Headquarters Company, 1st Battalion, 68th Armor, was recorder for one of the discussion groups. He thought the AFAP Forum was a good idea.

It allows the grass roots people to provide concerns and recommendations to the post leadership that might not otherwise be presented, Hardy said. He described his group's discussion as lively.

As a result of AFAP forums

throughout the Army, at least 50 pieces of legislation and 100 policies and programs have resulted, according to Montclair.

Because some of the concerns brought forward by the AFAP forums require changes in federal laws or policies from the Office of the Secretary of Defense, there is a significant time lag before changes occur.

The average time is about two and a half years before an issue actually comes into being, she said.

Some issues which have evolved from AFAP forums in the past have been increases in pay and benefits, access to medical care, child care and youth programs, voluntary support, financial training and employment services and relocation issues. Family Support Groups and Army Family Team Building programs also came from AFAP forums.

A Process Action Team is meeting in April to address some unresolved issues from previous

## 1998 Fort Carson top five Army Family Action Plan issues

Editor's Note: these are the issues that the delegates voted as the top five after the Army Family Action Plan Forum

### Revisit the GI Bill Payment Plan -

Scope -- Reimbursement process is so delayed that soldiers have to pay for expenses out of pocket. This discourages soldiers who have limited funds and desire higher education.

Recommendation: Reimbursement process should be changed so that soldiers do not have out of pocket expense.

### TRICARE - dysfunctional due to the fact that:

Problem: Not enough civilian doctors, delays, difficulty in making appointments (inadequate staff at peak times), inadequate and inaccurate communications among Tri-West, military treatment facility and beneficiaries, persons over 65 are not included (i.e. subvention).

Recommendation:

1. Reimburse civilian TRICARE Prime providers comparably to Medicare and in a timely manner, in order to increase number and availability of providers.
2. Hold contractor (Tri-west) accountable for fulfilling contract as promised.
3. Increase number of appointment clerks at peak hours (i.e., 7 - 9 a.m.)
4. Improve communication with open community forum attended by representatives from Tri-West and the Medical Treatment Facility and beneficiaries to identify problems.

5. Establish a Process Action Team on medical affairs answerable to Quality of Life and Quality Management Board and ultimately the Executive Steering Committee.

6. Include over age 65.

### Military pay versus civilian pay

Problem: Department of Defense civilians are paid more money for doing the same jobs as military personnel. Skills and responsibilities many times are equal, but pay gaps are sometimes large between the two groups of workers.

Recommendation: Develop and implement a study to compare tasks of related jobs for both military and DoD civilians. Take action to close the pay gap.

### Finance system is not user friendly.

Problem: Financial transactions take too long or are done incorrectly which may result in credit problems for the soldier. PAC/Finance personnel are not always trained to handle situations.

Recommendation: Finance/pay problems will be resolved/corrected within 72 hours. PAC and Finance personnel must be well trained and sufficiently staffed.

### Enlisted are underpaid, benefits eroding.

Problem: Due to poor pay and eroding benefits soldiers are forced to take second jobs to maintain quality of life and require government assistance programs (i.e., food stamps, WIC) to survive,





# Rental income, expenses must be noted on 1997 tax return

Fort Carson Tax Center

Anyone who owns rental property, must report their rental income and expenses on their tax return on a Schedule E. Report their total rental income and then subtract expenses and depreciation cost to calculate taxable rental income or loss.

Expenses associated with the rental property are deducted from the rental income to determine the taxable income or loss. Deductible expenses include: advertising, auto and travel, cleaning and maintenance, depreciation, insurance, legal and professional fees, management fees, repairs, supplies and taxes. Keep written records, such as a log book, canceled checks, or credit card bills of all expenses paid during the year in case you are audited and asked to provide proof.

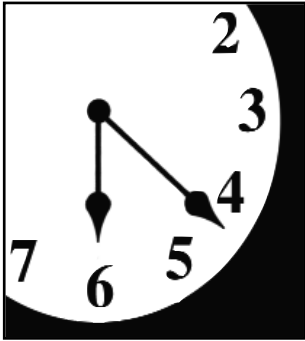
Depreciation is another important expense, though it is not actually paid out of pocket. Depreciation is a percentage of the building's value (but not the land) taken as an expense to compensate the owner for wear and tear. Those taxpayers purchasing or placing in service residential investment property after 1986 will depreciate using a straight-line method

over a 27.5-year period (generally, this means that you will take the same amount of depreciation for most years). If you purchased or placed in service a rental property prior to 1987, there are several depreciation methods that you might be using and you need to continue to use that method in most cases. If your rental property was once your home, the year that you began to rent the home is the year that you placed the property in service.

It is important that depreciation is calculated correctly not only to correctly file your taxes, but also to correctly calculate your basis in the property. When you sell the rental property, you will need to recapture all depreciation you deducted, or could have deducted, on your tax returns. Essentially, you decrease the amount that you bought the property for by the amount of depreciation you were allowed to take. This means that even if you decide not to take depreciation, the IRS will assume that you did take it and will require you to decrease your basis in the property by the allowable amounts, which will increase your gain. Therefore, take advantage of the deduction for depreciation each year.

If you suffered a loss on your rental property, that loss may be used to offset other income depending on the situation. Generally, rental property is considered a passive activity and passive activity losses can only be used to offset other passive income. However, there is an important exception for small investors. Taxpayers with adjusted gross income of \$100,000 (\$50,000 if married filing separately) or less, may be eligible to deduct up to \$50,000 of passive losses a year against their salary and other investment income.

To be eligible for this small-investor exception, the investor has to actively participate in the management of the property and own more than 10 percent of the property. Property management services can still be used if the owner



Countdown  
to  
April

# Chapel

Sunday worship services normally held at Soldiers Memorial Chapel will be conducted at the McMahon Theater. Catholic Mass is at 9:30 a.m. and Protestant worship is at 11 a.m. Child care for worship services and religious education will be provided at the Child Development Center.

Daily Mass is conducted at Healer Chapel at Evans Army Hospital on Monday, Wednesday and Friday at 11:45 a.m.

Sunday School and Catholic Religious Education classes have resumed at Soldiers Memorial Chapel. Protestant Sunday School is at 9:30 a.m. and Catholic CCD is at 10:45 a.m.

Protestant Women of the Chapel meets at 9 a.m. on Thursdays at Soldier s Memorial Chapel, Bldg. 1500. Child care is provided.

PWOC conducts Monday Evening Bible Study from 7 to 8:30 p.m. at Soldiers Memorial Chapel. For more information, call Jennifer Wake at 540-9157.

Soldiers Memorial Chapel will be providing Children s Church beginning Sunday. Children ages 4 to 8 will be invited to participate with their parents for part of the regular worship and then join a special children s program.

## Chapel Schedule

ROMAN CATHOLIC					
Chapel	Service	Day	Time	Location	Contact Person
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital	Fr. Gagliardo/526-7386
Healer	Mass	M - W-F	Noon	Evans Army Hospital	Fr. Gagliardo/526-7386
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis	Chap. Cavanaugh/526-5769
Soldiers	CCD	Sunday	10:45 a.m.	Nelson & Martinez	Ms. Feldman/526-0478
McMahon	Mass	Sunday	9:30 a.m.	Bldg. 1517	Chap. Cavanaugh/526-5769
Healer	Mass	Mon.-Fri.	11:45*a.m.	Bldg. 1517	Chap. Cavanaugh/526-5769
Veterans	Mass	Sunday	8 a.m.	Magrath & Titus	Chap. Cavanaugh/526-5769
*Monday through Friday, except holidays					
Changes in worship services due to the fire at Soldiers Memorial Chapel are denoted in bold type					
PROTESTANT					
Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap. Tarvin/526-7387
Provider	Protestant	Sunday	8 a.m.	Barkeley & Ellis	Rev. P.S. Taito/572-6879
Provider	Sun. School	Sunday	9 a.m.	Barkeley & Ellis	Chap. Duvall/526-4416
Provider	Protestant	Sunday	10 a.m.	Barkeley & Ellis	Chap. Stephen/526-4416
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Prussman	Prot./Gospel	Sunday	11 a.m.		Barkeley & Prussman
Chap. Giles/526-4206					
Soldiers	Sun. School	Sunday	9:30 a.m.		Nelson & Martinez Dr.
Scheck/526-5626					
McMahon	Protestant	Sunday	11 a.m.	Bldg. 1517	Chap. Cooper/526-8011
Veterans	Protestant	Sunday	9:30 a.m.	Magrath & Titus	Chap. J. Hartranft/524-1822
Veterans	Protestant	Sunday	11 .m.	Magrath & Titus	Chap. Simo/526-8890
For additional information contact the Installation Chaplain s Office, Bldg. 6227, at 526-5209. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at (719) 333-2636. Normally, free child care is available for infants and preschool age children during on-post worship services. Some worship services offer a children s church for ages 6 to 12.					



# Chaplain s Corner

by Chap. (Maj.) David R. Brock  
10th Combat Support Hospital  
February 25 was Ash  
Wednesday, the beginning of a  
season in the church known as  
Lent. I like to think of it as a time  
that reminds us this life is lent to  
us by God and we must return it  
in good condition some day. In  
other words, it reminds me I am  
living on borrowed time, lent to me  
by God.

Lent means many things to  
many Christians, everything from  
a time of contemplation, to a time  
of giving up, to something that  
those other folks do once a year.  
I often prefer to think of it as tak-  
ing up a good habit in hopes of  
making it permanent.

While the above is true, Lent  
is much more. It is perhaps one of  
the most profound religious obser-  
vances in Christianity; a period of

40 days that is meant to remem-  
ber not only the 40 days that  
Jesus spent in the desert after his  
baptism, but also the 40 years  
that Moses and the people of God  
spent in the wilderness, waiting to  
enter the promised land.

The thing both of these events  
have in common is that they were  
a time of reflection. Like the word  
reflection indicates, it is a time to  
look at oneself and see what is  
there, and sometimes what is not.  
It is a time to hold a mirror up to  
one s life and see how it looks.

However, reflection takes time.  
It is very easy to get wrapped up  
in all that is going on around you  
daily to the point that the overall  
picture is missed. Life in the Army  
is high speed no matter what train-  
ing you are on. At a minimum, one  
keeps busy just packing and  
unpacking from all the deploy-

ments, PCSs, and TDYs. In high  
speed, go fast units, there is a  
cycle that seems to set in,  
whether it is a red, amber, green  
training cycle or the cycle of pre-  
deployment, deployment, and  
recovery, these cycles help us to  
regulate our busy lives to some  
extent.

In the Christian church it is the  
same. The church year helps us  
to regulate our spiritual life and  
reflect upon the life, death and  
resurrection of Jesus. Even the  
most independent churches nor-  
mally celebrate Christmas and  
Easter. In the cycle of the church  
year, Lent is the preparation  
phase for Easter, like predeploy-  
ment is the preparation for deploy-  
ment. The message of Easter is  
the mission and message of the  
church. In the cycle of life, Lent is  
a good time to make a mental

checklist of what it will take to  
carry out that mission, and to pre-  
pare mentally, emotionally, physi-  
cally and spiritually for the task.

It is good to prepare oneself  
mentally, emotionally and physi-  
cally for any task, but for one of  
such eternal consequences, per-  
haps it is good that we take 40  
days a year to focus and get our-  
selves ready spiritually for the rest  
of our journey on this earth,  
because the journey on this earth  
is short compared to the promise  
of eternity. In fact, this life is very  
short, even at 70 or 80 years.

Couple that with the fact that  
this life is just lent to us for that  
short time and it would be a good  
idea to return it in good shape to  
tis Creator. It appears that the only  
thing you can take with you from  
this life is your relationship with  
God and that the spiritual charac-

# Thunder Platoon fires new rounds

by 1st Lt. James Witham  
1st Battalion, 68th Armor

The Mortar Platoon for 1st Battalion, 68th Armor conducted a live-fire exercise with the newest mortar training round in the Army inventory, the M880 Short Range Training Round, Feb. 11.

Other than its blue color, which denotes its training purpose, the round is visually nearly identical to standard 81 mm High Explosive ammunition.

However, the training round is propelled with a charge similar to a shotgun shell and is fully recoverable.

With a range of 450 meters, the ammunition can be fired, recovered and then fully restored with refurbishing kits.

This allows each round to be fired numerous times, saving money and facilitating valuable live-fire training for the mortar gun crews.

Additionally, because the round impacts with a white smoke report, it is the perfect tool to use in teaching soldiers how to adjust indirect fires.

Following a day of orientation and safety training Feb. 10, Thunder Platoon sharpened its skills with a defensive exercise the next day.

The live-fire gave many of the unit's new soldiers their first taste of what a lethal mortar platoon can do.

Private Ryan Guffey, one of the platoon's newest members, said, "The training gave me new confidence with the gun."

The lessons the platoon learned from the exercise will prove invaluable

"...a great place for soldiers to soldier"

Left, members of the Thunder Platoon prepare the new training rounds for firing as other soldiers drop the rounds from their track. Below, platoon members restore previously fired M880 Short Range Training Rounds in preparation for the next fire mission.

Photos by Pvt. Davon Sims

# New SMA shares views, observations

by Sgt. 1st Class Connie Dickey  
Army News Service

WASHINGTON Sergeant Major of the Army Robert E. Hall was sworn in as the Army's senior enlisted soldier in a Pentagon ceremony Oct. 21, becoming the 11th Sergeant Major of the Army.

In his position, the SMA devotes the majority of his

time traveling throughout the Army observing training and talking to soldiers and their families. Since becoming the SMA, Hall has visited soldiers at Forts Jackson, Gordon, Benning, Leavenworth, Drum and Bosnia.

Hall is Army Chief of Staff Gen. Dennis J. Reimer's personal adviser on all enlisted-related matters, particularly in areas affecting soldier training and quality of life. The SMA sat down

with Army News Service recently and shared some of his observations and thoughts.

ARNEWS: The two reports on sexual harassment in the Army released Sept. 11 by the Secretary of the Army and Chief of Staff seem to indicate there is a leadership void in respect to gender relations between soldiers. If this is true, what do you, as the sergeant major of the Army, propose to do about it?

HALL: First of all, I don't agree that there was a leadership void. I acknowledge that there were some leaders and some units that were not doing all that they were supposed to be doing. But, that doesn't mean that the Army had a leadership void. We did have problems at some training centers. We acknowledged that up front. Then we began to sort out what went wrong and why. It was almost like doing an after action review. Find out what went wrong and make recommendations for

changes. Now, we are in the process of executing those recommendations or changes. My role as the sergeant major of the Army is to ensure that we do execute to standard those recommendations made by the leadership.

ARNEWS: You say in your recent SOLDIERS article (February 1998), that noncommissioned officers remain the backbone of the Army. Training is one of an NCO's primary responsibilities. In your travels and observations as sergeant major of the Army, how good a job of training soldiers are the Army's drill sergeants and other NCOs doing today?

HALL: I think training soldiers is just one of the Noncommissioned Officers' responsibilities. Noncommissioned officers are responsible for individual, crew, squad, and section training for all soldiers. Noncommissioned officers are responsible for ensuring

that we have trained, ready, proficient soldiers and small units as we progress to collective training.

In short, it's the NCO's responsibility to take these young troops, train them as individuals, train them as small units so they can accomplish the collective mission. How are NCOs doing their job? I think they are doing fine. Training is solid. The soldiers are doing fine and the NCOs are doing a good job. But, there is always room for improvement and you can always improve training to standard.

I believe it's time to get back to the basic fundamentals of soldiering, back to the basics in leadership, back to the basics in training. Let's train soldiers to a standard, let's train hard, let's train realistically, but let's train to a standard. Remember: task, condition, standard and, let's never forget that we do this in an environment where soldiers can excel, where we as leaders, do

# Scouts, civilians visit gunnery

1st Squadron,  
3rd Armored Cavalry  
Regiment

The troopers of 1st Squadron, 3rd Armored Cavalry Regiment hosted local Boy Scouts and members of the Walsenburg City Council during their gunnery exercise Feb. 2.

Walsenburg is the partnership community with the Tiger Squadron. Norman Wolak, Arthur Cruz, Maurice Brau, Barry Brau, Robert Meyer and Arthur Vigil spent the day at ranges 145 and 143 observing Troop B tankers shoot Tank Table VI and Troop A with Company D shoot Cavalry Table XIII.

Tank Table VI is a preliminary live-fire exercise that helps tank crews practice gunnery skills and refine crew integration. Cavalry Table XIII combines the Bradley scouts, tankers, and the aerial scout/weapons teams from Troop N, 4th Squadron.

The city council members were able to observe Cav. Table XIII and listen to the trooper's radio traffic while in the control tower. Lieutenant Col. Mark



**Walsenburg City Councilman Norman Wolak checks out a track.**

Maiers, 1st Squadron commander, briefed the gentlemen throughout the exercise explaining how today's only heavy armored cavalry regiment fights. Following the live fire exercise, Capt. Paul Stewart, commander of Troop A, and several of his troopers provided these city council members a hands-on tour of an M1A1HC Abrams Main Battle Tank as well as an M3A2 Bradley Cavalry Fighting Vehicle. All of the men were thoroughly impressed by today's equipment and the professionalism and spirit of today's cavalry troopers.

Maiers shared a Meal, Ready-to-Eat lunch with the guests and had a question and answer session with them. Later on in the afternoon, the guests were given a tour of the motor pool at range 143 and spoke with several mechanics. After the guests from Walsenburg departed the range, Boy Scouts from Troop 1 and Troop 164 were guests of the squadron for the night fire portion.

The Scouts and their adult escorts were given a quick tour of the tower operation and an overview of the gunnery by Maiers. After the briefing the guests were invited to observe the gunnery and visit the Troop A static display and to watch the night gunnery.

The guests were treated to a spectacular night gunnery as Bradley's and tanks from Troops A and C and Battery P fired their night tables, followed by an MRE dinner.

The scouts and their adult escorts said they were impressed by the ability of the troopers to operate at night, the high morale and the pride shown by the soldiers of Tiger



# Abandoned vehicles seek new homes

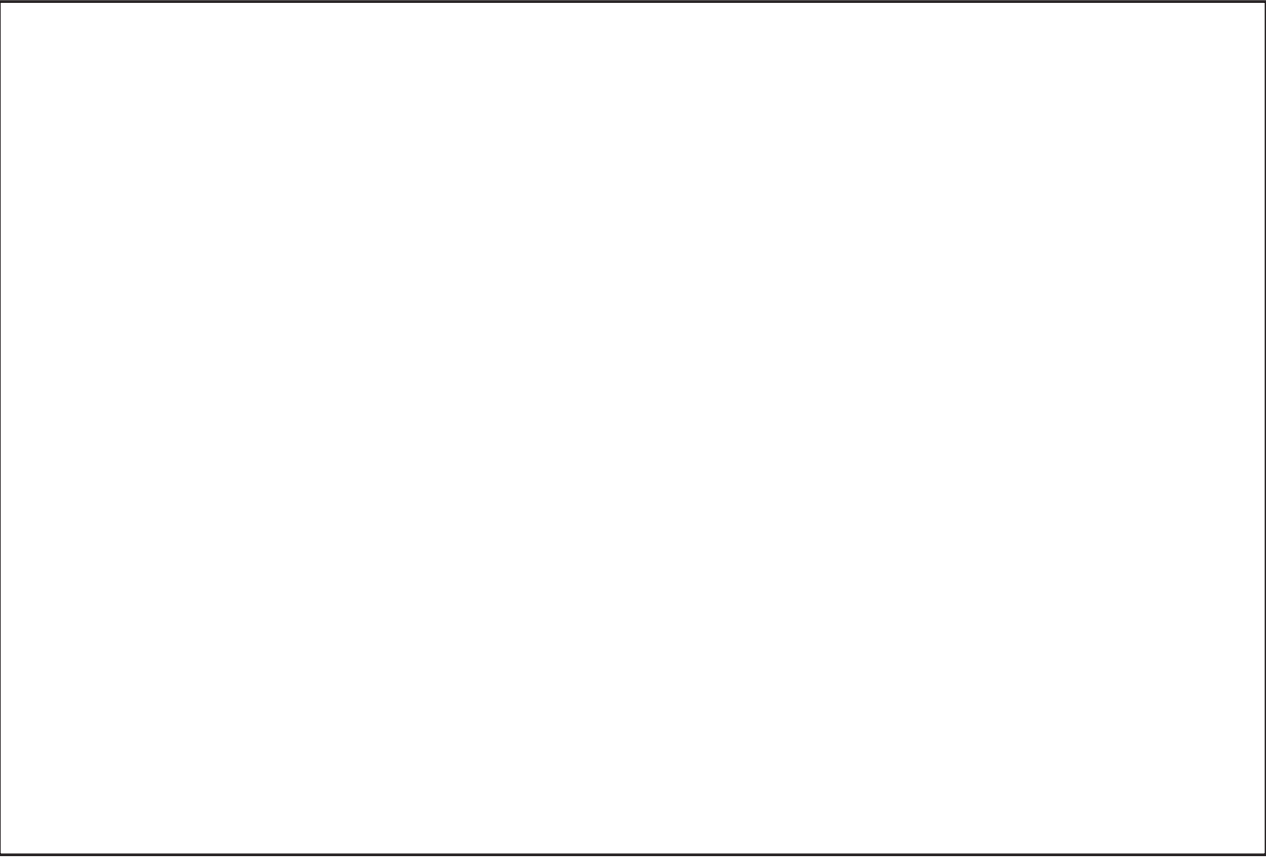


Photo by Cpl. Vincent Picard

Bidding on this working Ford F-150 will start at \$2,000

by Cpl. Vincent Picard  
Mountaineer staff

One of Fort Carson's best kept secrets hides behind a privacy fence near Gate 20.

You have to be active duty, a retiree or a DoD civilian to get in, and you have to be looking for a great deal on a used vehicle.

The Abandoned Vehicle Sales and Salvage Yard disposes of the vehicles that have been abandoned on Fort Carson. In this case, disposal means a two-day, sealed-bid auction held monthly.

When a vehicle is first brought to the yard, employees contact the State Department of Motor Vehicles and the owner to try and resolve the abandonment issue. If the owner doesn't want it back, or doesn't respond within four months, the vehicle is auctioned off.

Owners do have a chance to reclaim their property, if they pay \$40 for towing and \$3 a day for storage and administration fees.

Minimum bids are set on the auction vehicles based on the vehicle's condition and year. Minimum bids for cars that still run normally start at approximately \$300.

For more information on the salvage oper-





Photos by Cpl. Vincent Picard

Sergeant 1st Class Dale Schnoke prepares a wire obstacle for the bangalore torpedo breach exercise.

# Engineers deploy “C-4-ward” to NTC

by Cpl. Vincent Picard  
Mountaineer staff

If Army units were personified by cartoon characters, the 4th Engineer Battalion would certainly have a lock on Marvin the Martian.

Why? Because they are always looking for the BIG KABOOM.

The unit will find what it is looking for throughout the next few weeks as it conducts an annual squad external evaluation downrange on Fort Carson.

This is kind of our first step up to our ramp up for our upcoming NTC rotation, said 1st Lt. Arturo Albanesi, the battalion's demolition officer-in-charge for the exercise.

The battalion is slated to journey to the National Training Center, Fort Irwin, Calif., in October. Prior to that, they will conduct more field exercises to ensure they

are trained up and ready to go.

Although the evaluations will last three weeks, companies in the battalion will rotate through for one-week sessions, with only some support and headquarters elements staying deployed for the length of the exercise.

While they are in the field, engineer soldiers will concentrate on mobility and counter-mobility, according to Albanesi. He said that the battalion will also conduct Nuclear, Biological and Chemical decontamination lanes.

Demolitions training takes place on three live-fire ranges: Bangalore Breach,



Specialist David Palmquist hammers in a stake to secure the detonation cord while Sgt. Fred Powell reads the bangalore torpedos.



A 4th Engineer Battalion squad p



# downrange, in October

Minefield Breach and Road Crater.

In each exercise, squads must use explosives and their training to either clear a path through obstacles or to create an obstacle on a road.

According to Albanesi, these exercises contain some specific new challenges for the squads.

Because the battalion spent most of the latter part of last year deployed to Kuwait in support of Operation Intrinsic Action, they missed out on the initial training for a new detonation cord that is set up differently than the one the engineers used in the past.

Because they weren't able to properly train up on the new equipment prior to this deployment, Albanesi said the evaluations provided an opportunity for the soldiers to learn how to properly deploy the new cord.



Great care is taken with all elements of the demolition device.



prepares for the bangalore breach.



# Troops to Teachers offers new career choices

by Virginia Frazier  
Mountain Post Training  
and Education Center

The DoD Troops to Teachers program offers military personnel, DoD and Department of Energy civilian employees an opportunity to pursue a new career in public education.

The primary function of the program is Referral and Placement Assistance. The Defense Activity for Non-Traditional Education Support, Pensacola, Fla. provides counseling and

assistance to help participants identify employment opportunities and teacher certification programs. Participants chose the area in which they want to teach. State Support Offices have been established in 16 states to assist participants with both certification requirements and employment leads. A Troops to Teachers Home Page was established on the internet to provide information and resource links to help participants transition to a second

career in public education. An Internet Referral System has been established to allow participants to search for job vacancies on line. The Troops to Teachers Home Page also includes links to State Departments of Education, model resumes, and other job listing in public education.

Military personnel, veterans, Reserve component personnel and DoD and DoE civilian employees who were separated not earlier than October 1, 1990 may

apply for referral and placement assistance. Military personnel must have served a minimum of 6 years; civilian employees must have 5 years of federal service. Those interested in academic teaching positions must have a bachelor's degree from an accredited college. Those interested in teaching vocational subjects (e.g. electronics, computers, construction trades, etc.) are not required to have a college degree to apply, but must be able to document





A 4th Engineer Battalion squad prepares for the bangalore breach.

# Hall

From Page 13

what's right, legally and morally every day, and where we treat each individual, each soldier with dignity and respect.

ARNEWS: Recent civilian media news articles have discussed the pay issue for lower enlisted soldiers by illustrating the point that some soldiers are on food stamps, are living in cheap, dilapidated off-post housing, are deep in debt and are declaring bankruptcy.

The basic point seems to be that the Army doesn't pay its soldiers in ranks private through specialist/corporal enough money to live on, especially those with families. Do you think junior enlisted soldiers are paid fairly? Should every soldier receive a sizable pay raise, such as the 12 percent raise provided across the board in 1981?

HALL: I guess I don't know what fair is. How do you put a price tag, a dollar sign, on the sacrifices that NCOs and soldiers make today? There's no secret about what all of us make. The pay tables from private to general officer are common knowledge for everybody. Soldiers know what they make today. They know what they will make in the future. There's no doubt in my mind that the pay comparability gap has grown over the years. But, here is a cost and there has to be a balance in everything the Army and DoD does when it comes to pay issues. I don't know what the right pay level is. It just worries me when I have a private first class who is married and has a family member or two. You compare their pay and entitlements and put them on one side of a chart. Then compare their debts and put them on the other side of the chart and at the end of

the month there's \$17 in disposable income. That's hard. And, that worries me. But, I'm not sure that you solve the pay problem by giving more money only to the junior enlisted soldiers. If you give more money to the private through specialist pay grades, what do we do for the young sergeant? Right now, when you promote a soldier from specialist to sergeant, you give them \$85 a month and you increase their responsibilities tenfold. I think you have got to look at the full spectrum of what we expect our soldiers and our noncommissioned officers to do. But let's also remember that it isn't all about money. We need to pay a living wage certainly, but it's also about pride, and patriotism and love of the Army.

ARNEWS: Because of the drawdown caused by the end of the Cold War, Quadrennial Defense Review-mandated cutbacks, modernization money concerns, and seemingly endless personnel reductions, many soldiers now in uniform are wondering if they will really have a career in an ever-shrinking Army. What would you tell them?

HALL: I get asked sometimes, Is it worth it to stay in for 20 or more years? The bottom line is that people are still coming into the Army today, they are enlisting, and they are re-enlisting. I don't think that they've lost faith with the Army leadership. The Army is still hiring. Our statistics are okay. What do I tell them? I tell them the truth. We are drawing down, we've been drawing down the Army since 1989. The personnel numbers are down 36 percent, resources are down 39 percent, those are ballpark figures, and operation tempo is up 300 percent.

It is a very busy Army, and as we draw-down we have offered incentives for early retirements, but we are not going to involuntarily force anybody out of the service. Those who want to serve will continue to have a chance and the opportunity for promotions and a good career.

ARNEWS: When you joined the Army 30 years ago, there were few women, and fewer soldiers with families. If the Army had wanted you to have a wife it would have issued you one. That Army is gone. Now, there are women commanders in air defense artillery battalions, your branch. With so many changes, do you think today's Army is a better force? If so, why?

HALL: I'm not sure that Carole Hall would agree that we're issued our wives from the supply room on some kind of hand receipt. But we as an Army have changed. In fact, the one thing that has been constant for 222 years in the Army is change. And that it is going to continue. Today's Army is a great force, as I've said, and the soldiers are doing fine. The non-commissioned officers are doing fine. There is no comparison between today's Army and the Army of our past. It's tough today. It is a smaller force, but I am proud of this group of non-commissioned officers that I lead now. There is no military force on earth that can challenge our Army.

ARNEWS: If performing successfully during combat operations is the true test of a soldier, do you think female soldiers will ever be accepted by combat arms types? Do you think women could perform successfully in combat arms (infantry, artillery, armor) assignments?



March Dining Schedule

Facility	Bldg.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
CAV House	2461	O	CD	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	O	O	O	CD	O		O	
Patton	2161	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	CD	CD	CD	O	CD	X		
3rd BCT	2060	O	O	O	O	O	CD	X	X	O	O	O	CD	O	O	O	O	O	O	O	CD	X	X	O	O	O	CD	O	O			
43rd ASG	1040	O	O	O	O	O	CD	X	X	O	O	O	CD	O	O	O	O	O	O	O	CD	X	X	O	O	O	CD	O	O			
Mount-Inn	1369	X	O	O	O	CD	O	O	O	O	O	O	O	CD	X	X	X	O	O	CD	O	O	O	O	O	O	O	O	CD	X		
10th SFG	7481	X	O	O	O	O	CD	X	X	O	O	O	O	X	X	X	X	O	O	O	CD	X	X	X	O	O	O	CD	X			
4/3 ACR	9612	X	CD	CD	CD	CD	CD	X	X	CD	CD	CD	CD	CD	X	X	X	CD	CD	CD	CD	X	X	CD	CD	CD	CD	CD	X			

O = OpenX = ClosedCD = Closed DinnerOB = Open BreakfastOL = Open LunchShaded columns denote weekends

4/3 ACR DFAC, Bldg. 9612, serves breakfast and lunch only - no weekends or holidays.

Note: Dining facilities scheduled to close on weekends shown, will close after lunch on Friday before weekend. Signs will be posted directing diners to facilities which are open.

# Sports & Leisure

## Cheering their way to Nationals

by Pfc. Socorro A. Spooner  
Mountaineer staff

A Fountain-Fort Carson High School student is among the 12 cheerleaders from Colorado vying to be the best team in the nation.

Amanda Hinojosa, whose father is Master Sgt. Tellesero Hinojosa from the 4th Personnel Services Battalion, has been on the Colorado Cheerleading Association Senior Team for one year.

Competing at the state level is a step up from high school cheerleading, said Hinojosa, a Fountain-Fort Carson HS senior.

Hinojosa and her 11 teammates have proven themselves time and again. The cheerleaders have built up an impressive record in the year they have been competing together. They have won all of their major competitions but one, settling for second place in that competition.

The team will be participating in the small co-ed division of the National Cheerleading Competition in Dallas, Texas, Saturday and Sunday. The preliminaries are Saturday and finals will be Sunday.

Although the team members are still a bit nervous, they know what it takes to compete at this level.

It's a good experience and takes lots of

commitment, said Teil Gardner, cheerleader.

The team has been practicing since last March and has gone to cheerleading camp and four regional competitions throughout the year. They practice for two hours, three days a week. They have been practicing their nationals routine since August, said Coach Tony Lang.

Lang started this group last year because he wanted to coach a competitive cheerleading squad. A cheerleader in both high school and college, Lang was no stranger to coaching. After five years of coaching at the high school level, Lang decided he was ready to coach a competitive team, he said.

Based on the team's performance so far, apparently he was right.

The girls on the team have experience, said Lang. They have a very good chance of being competitive.

Lang said he isn't putting pressure on the team to win it all, because he knows how hard the competition is at the nationals.

Although the team hopes to come back with the national trophy, the winning year they



Photo by Pfc. Socorro A. Spooner

**The Senior Team practices its routine for finals during a practice Tuesday.**

have had and the friendships they have made are victory enough, said Gardner.

Whatever the outcome of the nationals the team is looking forward to the future.

Those of us graduating this year are planning to go to college and cheer on our college cheerleading teams, said Hinojosa, who plans to attend Arizona State University and tryout for the cheerleading team.

On March 14, Lang says goodbye to his first competitive team and seeks out new cheerleaders to make up a new squad.

The tryouts are open to everyone but those who make the senior team will likely be

# Gls win no medals but still feel proud

by Harry F. Thompson

NAGANO, Japan If success is only measured in medals, then the U.S. military athletes participating in the XVIII Winter Olympic Games fell well short of expectations.

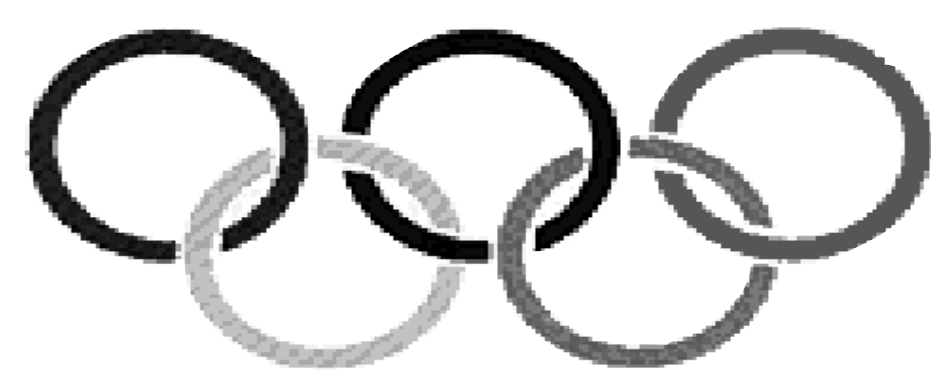
The U.S. military sent nine athletes, its largest contingent ever to a Winter Games, and still came up empty handed. A service member hasn't stood on the medals podium since five soldiers helped bring home the silver in hockey in 1972.

Like those before them, these Olympians came to Nagano with the same goal as any athlete, to represent their country, their services and themselves. And while none walked away with the hardware that signifies an Olympic champion, all were proud of their accomplishments.

I'm still an Olympian, and that in itself means a lot, said the Army's Garrett Hines, the brakeman on the USA I bobsled that missed the bronze medal by two-hundredths of a second in the four-man competition.

It goes to show you that nothing is guaranteed. I'm just glad we got it over with and did the best we could.

It was never that close in the biathlon, where the highest



placement for an American was 33rd by the Army's Kristina Viljanen-Sabasteanski in the women's 7.5-kilometer individual sprint.

But any hope of a U.S. medal here was not based on history. No American biathlete had ever finished higher than 14th and there was little chance of it happening on the challenging 4-kilometer course in Nozawa Onsen.

That string was easily kept intact, as the Americans not only battled a world-class field but the elements as well. From the opening race, the women's 15-kilometer individual, the U.S. was stumped by the snow conditions. Throughout the two-weeks of racing, we picked the wrong skis was the battle cry from the U.S. camp.

We've seen a thunder and lightning storm in the snow, and a

thunder and lightning storm in the rain, we've had brand new snow, wet snow, dry snow. It was crazy, said Army World Class Athlete Program member Kara Salmela.

Just as the unknown Japanese biathletes enjoyed their best Olympic success on home snow, the U.S. team hopes to use the local conditions and high altitude of the Rocky Mountains.

It should be nice in 2002, said the Army's Dan Westover, who finished 49th in his 10-kilometer race. If we're going to do anything in biathlon that's the year.

This was considered the year the United States would finally win another bobsled medal. It had been 42 years since Arthur Tyler drove USA I to the bronze medal at Cortina d'Ampezzo.

The 1998 counterpart of Tyler's sled, driven by Brian Shimer, was one of the favorites

not only to take home a medal, but likely the gold.

After completing only three of four scheduled runs because of rain, the U.S. missed a medal by the blink of an eye.

Even though we didn't win, today was the highlight of the Games, just knowing you were with the best on the hill and you competed against the best and anything can happen, said Hines, of Atlanta. I feel a little disappointed but in a way I'm glad that it's over with. Now I can go on and do some other things.

Those other things include possibly enrolling in officer's candidate school, or returning to his first love, track and field. I would like to do OCS, but I don't know how willing they'd be to allow me to maintain my athleticism without causing me to go so far away from what I'm used to as far as training, said the former track and football star at Southern Illinois University.

Military training for officers and enlisted men is not conducive to athletic training. If there was a way for that to happen I'd like to do it.

For the time being, Hines is ready for a break and a long-awaited honeymoon with his wife

Fleana.

Officials were hoping success in Nagano would be a stepping stone toward Sydney. How long the Army will continue to fund the WCAP without seeing dividends returned in Olympic medals remains to be seen. The athletes, who all naturally praise the program, say that some day the Army's patience will be rewarded.

Editor's note: Thompson is with the Pacific Stars & Stripes.



Break-

Two Fort Carson Soccer Team players try to make good on a rare scoring opportunity in a game against Guadalajara of Denver. The game, which Fort Carson lost, 5-2, was part of the National Cup Competition Tourney. According to Fort Carson coach Ben Stancati, the post players were simply outclassed by the Denver team, but put together a good second-half effort to score twice.



Photo by Pfc. Socorro Spooner

Sports Division announces winter, summer hours for facilities

Weekend hours extended at 3 post physical fitness centers

Fort Carson Sports Division

The Sports Division has received several requests recently to extend hte operating hours of the fitness centers on weekends.

Therefore, effective Saturday, the three line fitness centers will have dif-ferent operating hours on weekends.

There will be a fitness center open every weekend from 6 a.m. to 10 p.m.

The weekend hours of operation are:

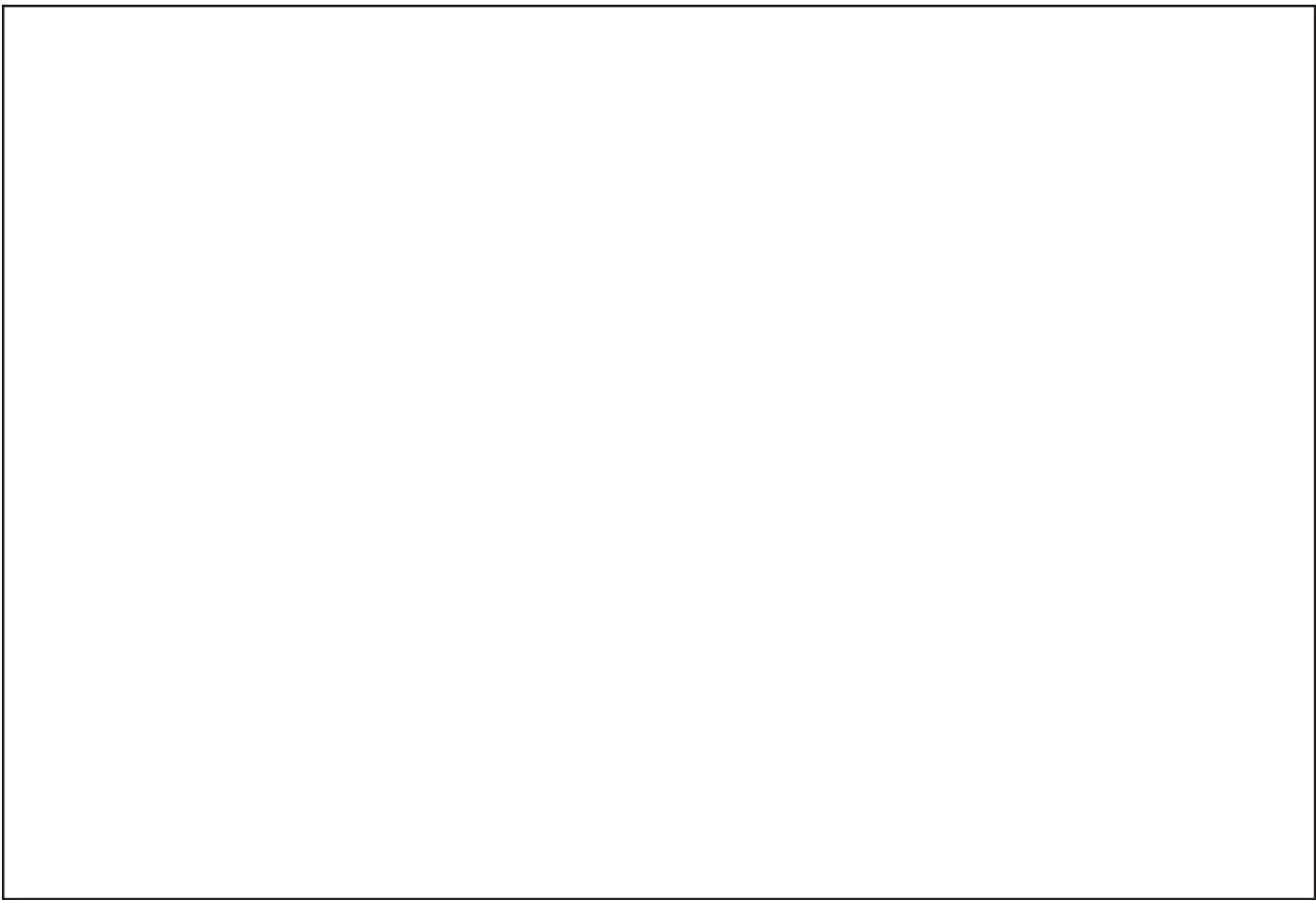
McKibben Physical Fitness Center, 6 a.m. to 1 p.m.,

Garcia Physical Fitness Center, 10 a.m. to 5 p.m., and

Waller Physical Fitness Center, 3 p.m. to 10 p.m.

See the box at right for a complete listing of hours of operation for all sports facilities on Fort Carson.

Location	Hours of operation	Phone
Garcia PFC	W inter: Weekdays 6:30 a.m. to 10 p.m.; weekends and holidays, 10 a.m. to 5 p.m. Summer: Weekdays 6:30 a.m. to 8 p.m.; weekends and holidays, 10 a.m. to 5	526-3944 526-2205
Mountain Post PFC	Weekdays 5:30 a.m. to 2 p.m.; weekends and holidays, closed	524-2039 526-2411
McKibben PFC	W inter: Weekdays 6:30 a.m. to 10 p.m.; weekends and holidays, 6 a.m. to 1 p.m. Summer: Weekdays 6:30 a.m. to 8 p.m.; weekends and holidays, 6 a.m. to 1	526-2597 526-2137
Post Field House	W inter: Weekdays 6:30 a.m. to 10 p.m.; weekends and holidays, closed Summer: Weekdays 6:30 a.m. to 2 p.m.; weekends and holidays, closed	526-1023 524-1163
W aller PFC	W inter: Weekdays 6:30 a.m. to 10 p.m.; weekends and holidays, 3 to 10 p.m. Summer: Weekdays 6:30 a.m. to 8 p.m.; weekends and holidays, 3 to 10 p.m.	526-2742 526-8913
Ironhorse PFC	W inter: Weekdays 6:30 a.m. to 10 p.m.; weekends and holidays, closed	526-2706 526-9120
Swimming Pool	Laps, 6:30 a.m. to 8:30 a.m.; Drownproofing, 9 to 10:30 a.m.; Open, noon to 8 p.m. W inter: Weekdays 6:30 a.m. to 9:30 p.m.; weekends/holidays, 10 a.m. to 6:45	526-3193 526-3107
Sports Complex	W inter: Closed Summer: Operation for league play and tournaments	526-1155



The ProRodeo Hall of Fame is located at 101 Pro Rodeo Drive in north Colorado Springs. Photo by Nel Lampe

# History of the American cowboy showcased in local museum

Nel Lampe Mountaineer staff Bronco riding and calf roping were diversions for working cowboys in the early days of the West. And as legend goes, America's original sport sprang from those casual contests.

According to the ProRodeo Hall of Fame Marketing Coordinator Bob Stovall, it is thought that the first rodeo competition which offered a prize was in 1869, in Deer Trail, Colo.

Rodeo fans have a Mecca in the Colorado Springs area. In addition to rodeo competitions at Turkey Creek, one of the leading rodeos in the nation is the Pikes Peak or Bust Rodeo held in Colorado Springs each August. The Little Britches Rodeo Finals are also held in town in August.

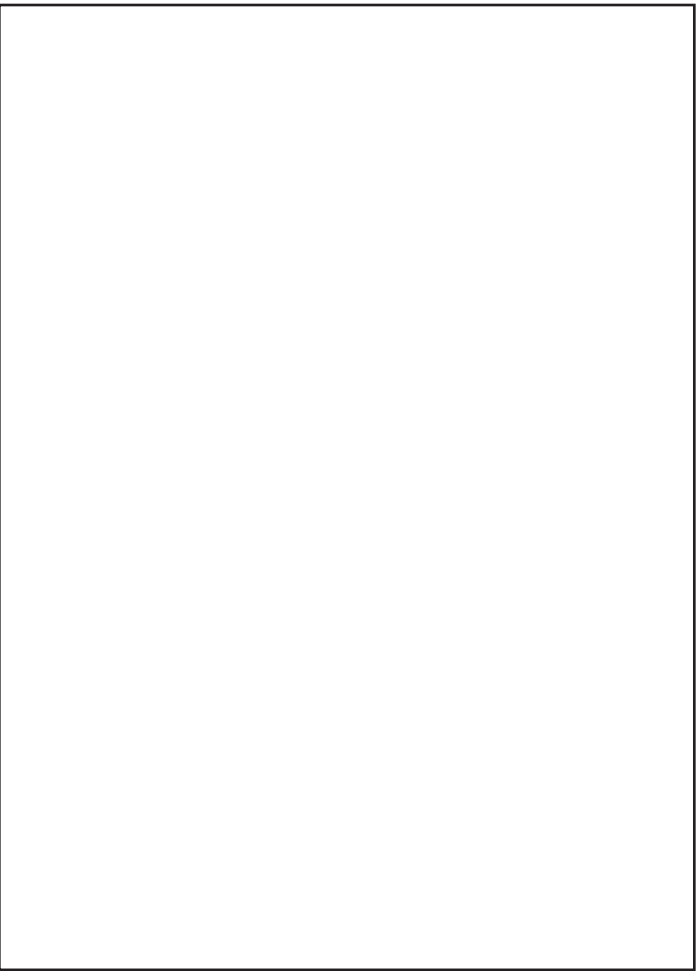
Perhaps the topper for the rodeo fan is the

ProRodeo Hall of Fame and Museum of the American Cowboy, the only such facility in the world. It is located at 101 Pro Rodeo Drive in Colorado Springs. It is reached by taking exit 147 off I-25 going north.

The hall of fame facility was completed in 1979, and 69 people were inducted the first year. Fourteen animal contestants were also added that year. Honorees include announcers, bullfighters, clowns and behind-the-scenes contractors and workers as well as rodeo contestants.

Honorees' trophies and personal belongings such as belt buckles, saddles, hats and boots are on display in the hall of fame. Every world champion since 1929 is mentioned in special areas honoring each event. Current world champions' displays are featured.

Also on display



A bucking bronco statue by Edd Hayes catches the eye. Photo by Nel Lampe

throughout the building are western art and sculpture.

Familiar names such as Lane Frost, Casey

Tibbs and Jim Shoulders catch the eye, as a rodeo announcer's banter

See RODEO, Page B3

## What's inside

### Community

#### Page B2

The First Annual Family University will be at the Elkhorn Conference will be April 16 and 17. The 16th will feature a workshop parade and the 17th a special event, Seven Habits of Highly Effective People.

### Military

#### Page B5

The Driver Testing, Training and Licensing Station is now open. The station is located at the Transportation Motor Pool, Bldg. 301 on Tevis Street and is open from 8 a.m. to noon and 1 to 5 p.m. Monday through Friday. For more information, call 526-

### Sports & Leisure

#### Page B5

The All Army Wrestling Trial are set for 6 p.m. March 6 and 7 at the Post PFC. Admission is free and many Fort Carson athletes will participate in the competition. The battalion or squadron with the most spectators both days win a free ski trip for first place and a pool party for

A pull-out section for the Fort Carson community

February 27, 1998

Community

ACS

The Family Member Employment Assistance Program will be presenting a Resume Workshop April 8. The workshop will include a variety of resume styles in which to showcase your experience and hold the attention of the employer. For registration and information on this and other workshops, call 526-0452.

ACS is offering a Family Member Employment Assistance Program workshop on SF 171/OF 612 on March 12. For more information call 526-0452

Family Advocacy presents the first annual Family University at the Elkhorn Conference Center April 16 and 17. The 16th will feature a workshop parade from 1 to 8:30 p.m. and the 17th will feature a special event, Seven Habits of Highly Effective People.

Army Community Service's Family Advocacy Program offers a Nurturing Program, 9 a.m. to 3 p.m. through March 25 for children through age 5; 5:30 to 8:30 p.m. Monday through April 13 for ages 6 to 12; and 5:15 to 8:15 p.m. Wednesday through March 18 for teens. To register, or for more information, call 526-4590

A nurturing adolescents program is scheduled to run through March 18, from 5:15 to 8:15 p.m. at the Army Community Services. The program is used to help parents and teens work together to understand each other, support changing roles, increase positive self-image and communicate feelings and thoughts

Army Community Service's Family Advocacy Program offers a Single Parent Group. The group meets from 5:30 to 8 p.m. on the last Tuesday of each month in the Spiritual Fitness Center, Bldg. 1161. For more information, call 526-4590.

The Family Advocacy Program is in need of volunteers for its puppet troupe. Volunteers, using the nationally known Kids on the Block puppets, help deliver this show to area elementary schools. The goal of the puppet troupe is to teach children personal safety skills, such as who they can talk to when abuse happens. Future shows may also contain information on violence and gang prevention. Free child care is available to people during the time they volunteer for the troupe. Complete training is provided. For more information, call 526-4590.

Family Advocacy Program is sponsoring a Learn to Massage your Baby class beginning Tuesday and running each consecutive Tuesday through March 31, except March 24. The time is 10 a.m. until noon and will be at the Spiritual Fitness Center, Bldg. 1161. This is recommended for parents with infants ages 10 months and under. The class is free as is the child care provided for siblings. Call 526-4590 to

Miscellaneous

register.

Scholarship applications for the Fort

Carson Joint Scholarship Fund are now available at the Army Education Center and at local high school guidance offices. Deadline for submission is March 20. For more information, call Annette Ahrens at 579-5313.

Army and Air Force Exchange Service announces delivery service from Kentucky Fried Chicken with a minimum order of \$6. For more information, call 526-2672.

The commissary's Refill Pharmacy now offers a toll-free number which may be used to call in prescription refills from outside the local calling area. The number is 1-888-745-6427. If calling from the local area, continue to use the 524-4081 number. Refill requests called in before 2 p.m. will be ready for pick up the next duty day. Walk-in prescription refill service is also available. The pharmacy is open Monday through Friday, from 8 a.m. to 5 p.m. and is closed on weekends and federal holidays.

There will be a Restoration Advisory Board meeting March 12 at 6:30 p.m. at Fort Carson Middle School. This is presented by the Directorate of Environmental Compliance and Management.

The Rocky Mountain Chapter of the National Defense Industrial Association will award several Rocky Mountain Memorial Scholarships and is seeking qualified applicants. Nominations must be received by March 16. For more information call Larry Hungerford at 591-1011.

The Family Member Employment Assistance Program is sponsoring the Colorado Springs Employment Information Program March 11 from 10 a.m. until noon. For more information on location and to register for this program and others, call 526-0452.

The Service Corps of Retired Executives is holding a Starting and Building Your Own Business Seminar on March 26 in Bldg. 1219. Sign up at the ACAP Center, Bldg. 1219, Room 133 and pay the \$10 registration fee by March 23.

Because of a fire at Soldiers Memorial Chapel, the Maneuver Damage classes for March. 18 and April 15 will be at the Family Life Center, Bldg. 1161. Class time is still 1 p.m.

There will be a Fort Carson Job Fair, March 11, Elkhorn Conference Center, 9 a.m. to 3 p.m.; SCORE sponsored seminar, March 26, Bldg 1219, \$10 fee; Trucker Recruiter Day, April 3, Bldg. 1118, 10 a.m.; and Corrections/Law Enforcement Recruiter Day, April 17, Bldg. 1219, 10 a.m.

If you would like to send mail to any service member serving in Bosnia, the address for Army, Navy, Air Force and Marines stationed on the shore is:

Any Servicemember  
Operation Joint Guard  
APO-AE 09397-0001  
For Navy and Marines assigned on board ship  
Any Servicemember  
Operation Joint Guard  
APO-AE 09398-0001

The Community Partnership for Child Development has an urgent need for volunteers due to the addition of three new classrooms. Volunteers are needed to help two to four hours per week until May in an office and in the evenings working one-on-one

Fort Carson Tax Center

The following forms are needed to obtain assistance at the Fort Carson Tax Center: Military ID; Social Security cards/numbers for you and any dependents all W-2s.

If relevant, the following forms are also needed: A voided check for direct deposit of return; Form 1099s (interest statements); information on child care expenses; information on IRA if you did or plan to contribute; mortgage interest statement; alimony information (copy of divorce or separation agreement); information on the sale of stocks, mutual funds or bonds; previous year's tax return (optional but very helpful.)

Hours for the tax center are: Monday, Tuesday and Wednesday from 9 a.m. to 7 p.m.; Thursday from 1 to 6 p.m.; and Friday from 9 a.m. to 6 p.m. The tax center is also open from 10 a.m. to 4 p.m. on the following Saturdays: March 7 and April 4 and 11.

An IRA Information Session/Workshop will be held at 9:30 a.m. every Tuesday through April 14. The location is the Office of the Staff Judge Advocate, Bldg. 6285. Sign in at the front desk of Legal Assistance.

For more information, call the center at 524-1012 or 524-1014.

with children 5- to 11-years-old. For more information call Susan at 635-1536.

Airborne Express will be on Fort Carson April 29 hiring for the position of Operations Supervisor. Candidates must have a four-year degree and a demonstrated record of achievement. Interested personnel should meet at Bldg. 1118, room 182 from 9 a.m. to 3 p.m. For more information, call ACAP at 526-1002.

The United States Army Garrison, Fitzsimons, will host a town hall meeting April 18 from 9 to 11 a.m. in the Quade Center, Bldg. 635. This meeting will be to discuss the accessibility of health care. All retired military, family members and other military health care beneficiaries are encouraged to attend. The meeting is open to the public. For more information, call Jim Dye, USAG, Fitzsimons Public Affairs, at 361-8312.

Albright Productions is hosting its Cultural Explosion 1998. They will be searching Fort Carson for talent such as performers and dancers. Showtime is 9-11 p.m., March 7 at Domino's. For more information, call Sgt. 1st Class Griggs at 526-5851.

Fort Carson area families are needed to host exchange students during the upcoming academic year and semester. The students will be between 15 -and 18-years-old, will speak English, carry their own accident and health insurance and bring their own spending money. Families can select a student with similar interests and the family should provide a bed, meals and are expected to treat the student like a family member. Those interested should contact Michelle Swearingen at





# Rodeo

From Page B1

provides the background.

Visitors can view two presentations depicting the sport of rodeo and the life of a modern rodeo cowboy. The videos last approximately 20 minutes and are shown about every half hour.

In between the showings are a guided tour of the Museum of the American Cowboy, depicting the heritage of the cowboy.

The evolution of clothing and equipment from early ranching to modern times is displayed.

Of special interest is an outdoor garden area where visitors can test their own roping skill on a practice steer. A retired bucking

bronco, Classic Velvet, and retired rodeo bull Dr. J. live on the grounds.

Finally, visitors may visit the museum store for unique western and rodeo souvenirs and gift items. A book department offers a unique collection.

For the first time, the annual Cowboy Poetry Gathering will be held at the ProRodeo Hall of Fame and the Museum of the American Cowboy. The Poetry Gathering will be Aug. 15.

The ProRodeo Hall of Fame and Museum of the American Cowboy is open seven days a week from 9 a.m. until 5 p.m. It is closed on Easter, Thanksgiving, Christmas, New Year's Eve and New Year's

Just the Facts

Travel time	35 minutes
For ages	All
Type	Rodeo/Cowboy Museum
Fun factor	☆☆☆ (Out of five stars)
Wallet damage = \$\$ (Based on a family of four)	
\$ = Free	
\$\$ = Less than \$20	
\$\$\$ = \$21 to \$40	
\$\$\$\$ = \$41 to \$75	
\$\$\$\$\$ = \$76+	



Photo by Nel Lampe

A barrel used by rodeo clowns is on display in the hall of fame.



Photo by Bob Stovall

A young "buckaroo" tries his hand at roping.



## Military

The Driver Testing, Training and Licensing Station is now open. The station is located at the Transportation Motor Pool, Bldg. 301 on Tevis Street and is open from 8 a.m. to noon and 1 to 5 p.m. Monday through Friday.

Eye testing will be on a first come, first served, walk-in basis. Road testing and licensing will be done on an appointment basis. For more information, call 526-4528/5550.

The 223rd Medical Detachment will teach a 40-hour Field Sanitation Team Training Course on the following dates: March 23 to 27 and April 6 to 10. Classes will be held at the Education Center, Bldg. 1117, Room 316A. The course is open to all military members. For more information, call 526-5661.

The Fort Carson Mounted Color Guard is conducting tryouts for the team every Wednesday through Friday by appointment only, until its vacancies are filled. The team is looking for highly motivated, self motivated soldiers who are good with horses. For more information, call 526-4985.

The Ammunition Supply Point will be closed for inventory March 16 to 20 as well as April 17 for the 60th Ordnance Company change of command. For more information, call 526-8620.

1st Squadron, 3rd Armored Cavalry Regiment will use the CS Chamber for training activities March 6 and 13. For more information, call 526-8255.

Nominations are now being accepted by the Rocky Mountain Chapter of the National

Defense Industrial Association for the 1998 Rocky Mountain Memorial Scholarships. Scholarships are available for high school seniors in the Pikes Peak Region. Nominations must be received no later than March 16. For more information, call 591-1011.

The Manuever Damage classes originally scheduled for Soldiers Memorial Chapel have been moved to Bldg. 1161, located on the corner of Barkley Avenue and Ellis Street. Classes start at 1 p.m. March 18 and April 15. For more information, call 526-6374 or 526-4667.

The 52nd Engineer Combat Battalion (Heavy), will be using live demolitions on range 121A from Tuesday to Thursday. For more information, call 526-9912.

The Army's Hometown Recruiter Assistance Program is looking for volunteer soldiers to help their hometown recruiters in the generation of potential recruits. Soldiers will go home on permissive TDY status to work with recruiters and share their stories and experiences with possible recruits. Soldiers will work 25 hours a week in the Class A uniform and will have the rest of the time to themselves. Anyone interested in assisting the Army in manning the force should contact their unit career counselor for details.

The new Fort Carson (Range Division) regulation 385-63 is now available. A copy of this new regulation dated Sept. 15 is required to be on range with the unit no later than March 1. Copies of the new regulation can be picked up at publication by going through your publication representative. A DA Form 17 is required. For more information, call 526-9716.

A live-fire demolitions training exercise is being conducted by the 4th Engineer

The Fort Carson All-Stars Shooting Sports 4-H meets Tuesdays at 7 p.m. in Bldg. 5510. The club is open to any children between the ages of 8 and 18 interested in firearm safety and marksmanship practice with .177 pellet airrifles. For more information, call Ron Noakes at 636-8922 or 636- 8920.

The Pregnancy PT program Healthy Beginnings, meets Mondays and Fridays at the Youth Services Center, Bldg. 5950 and Wednesdays at the Post Indoor Pool, Bldg. 1446 from 6:30 to 7:30 a.m. The post partum group meets Monday, Tuesday, Wednesday and Friday at Ironhorse Fitness Center from 6:30 to 7:30 a.m.

The March of Dimes 15th Annual Snoball Softball Tournament will be held Saturday and Sunday and March 7 and 8. The games will be played at Mountain View Athletic Complex and Peterson Air Force Base. Teams can sign up through Monday. For more information call, 473-9981.

The Fountain Valley Baseball Association is registering for the 1998 season beginning Saturday at the Fountain Fire Station. Last day to register is Saturday. Fees for the new season are ages 5-6 (\$20), ages 7-8 (\$30), ages 9-12 (\$45) and ages 13-15 (\$60). An additional fund raising amount will be expected of all athletes that wish to register for FVBA. A parents meeting is set for March 28 at 1 p.m. at the DFAC in Fountain.

## Rewards

The Criminal Investigation Division is offering the following rewards for information leading to the identification, apprehension, and conviction of the perpetrator or perpetrators of the following crimes.

A \$500 reward is being offered for information involving the larceny of battle dress uniforms, field jackets, fax machine and a microwave oven taken from the Alterations Shop. If you have any information about this crime, contact Agent Hughes at 526-0564.

A \$500 reward is being offered for information involving the larceny of two IDP brand laptop computers taken from the 3rd Squadron, 3rd Armored Cavalry Regiment maintenance office between June 28 to 30, 1997. If you have any information about this crime, contact Agent Perdue at 526-0543.

A \$500 reward is being offered for information involving the larceny of two automotive work tables from the Pueblo Army Chemical Depot between Feb. 19 and Oct. 2, 1997. If you have any information about this crime, contact Agent Hughes at 526-0564.

A \$600 reward is being offered for information involving the larceny of electronic and computer equipment from Garcia Physical Fitness Center. If you have any information about this crime, contact Agent Christian at 526-0547.

A \$15,000 reward is being offered for information involving the death of Pfc. Jason Chafin. If you have any information about this crime, contact Agent Perdue at 526-3991.

The U.S. Army Criminal Investigation Command is looking for soldiers from specialist to staff sergeant to join the Criminal Investigation Division.

Soldiers interested in submitting a CID application must be 21, have a GT score of 110, 60 semester hours of college and be a U.S. citizen. Applicants must have CID intern training, six months military police experience or one year of civilian police experience.

For more information, call Dale Terrell at 391-8702.

The City of Colorado Springs Soccer program is looking for coaches for the 1998 season. Coaches are required to register and attend an American Sports Education Program class. A soccer coaching clinic will be March 28 from 9 to 11 a.m. at Memorial Park. If interested, preregistration is required. For more information call, 578-6981.

The El Paso County Parks Department is offering a volunteer naturalist's training course every Thursday through March 19. If interested call, Paula Megorden at 520-6387.

The American Red Cross is offering a Water Safety Instructor Course April 6 to 24 and a Lifeguard Instructor Course March 16 to 31. Classes for water safety are scheduled to meet every Monday, Wednesday and Friday from 5:30 to 8 p.m. and classes for lifeguard safety are scheduled Monday and Wednesday from 5:30 to 8 p.m. Class fees for both classes are \$100. For more information, call 526-3107.

USA Boxing will be holding the U.S. Championships March 16 through 21 at the Olympic Center. The event begins at 5 p.m. March 16 and from noon to 7 p.m. March 17 and 18. For more information, call 578-4506.

The Cheyenne Mountain Zoo is offering military personnel with an active duty ID a 75-cent discount. This discount is available at the

## Sports & Leisure

The All Army Wrestling Trial will be held March 6 and 7 at the Post PFC. Admission is free and many Fort Carson athletes will participate in the competition. Semifinals begin at 6 p.m. and Finals at 8 p.m. both days. The 3 p.m. preliminaries are cancelled for both days. The battalion or squadron with the most spectators on both days win a ski trip to Ski Cooper for 25 participants (includes lift tickets, equipment rentals and transportation) for first place and a free unit pool part at the Outdoor Pool for second place. For more information, call 526-1023.

The Post Racquetball Tournament will be Saturday and Sunday at Ironhorse gym. The tournament will feature men's, women's and co-ed play. For more information call, 526-2704.

The Fort Carson Running team will begin training Monday from 6 to 8 a.m. at the Post Field House. Practices are Monday through Friday except Thursday. The team is open to all active duty soldiers. For more information, call Melissa Wyka 526-4708 or Luvan Shelton 526-2015.

The Fort Carson Sports Office presents the All Army Wrestling Trials March 6 and 7 from 3 to 9:30 p.m. The event will be at the Post Field House and is open to the public. There is no entry fee for the event.

# Heart disease number one killer of American women

American Heart Association

True or False: Heart disease kills twice as many women as cancer.

True. Heart disease is the number one killer of women. That s the message the American Heart Association wants to send in February. This year s theme is Take Wellness to Heart.

February is American Heart Month and the AHA's goal is to reach thousands of women with lifesaving information so they will take wellness to heart and learn how to prevent heart disease.

Two ways to prevent heart disease are to know family history and to know the warning signs of a heart attack.

Knowing your family history may save your life. Be sure to consult a doctor and find out what your risk factors are.

The classic warning signs of heart attack are: uncomfortable pressure, squeezing in the center of the chest that lasts more than a few minutes, or goes away and comes back; pain that spreads to the shoulders, neck or arms; and chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Following are some statistics and facts on women and heart disease:

More than one out of five women have some form of cardiovascular disease.

Women are more likely than men to die of a heart attack (because women are older and sicker when they have heart attacks).

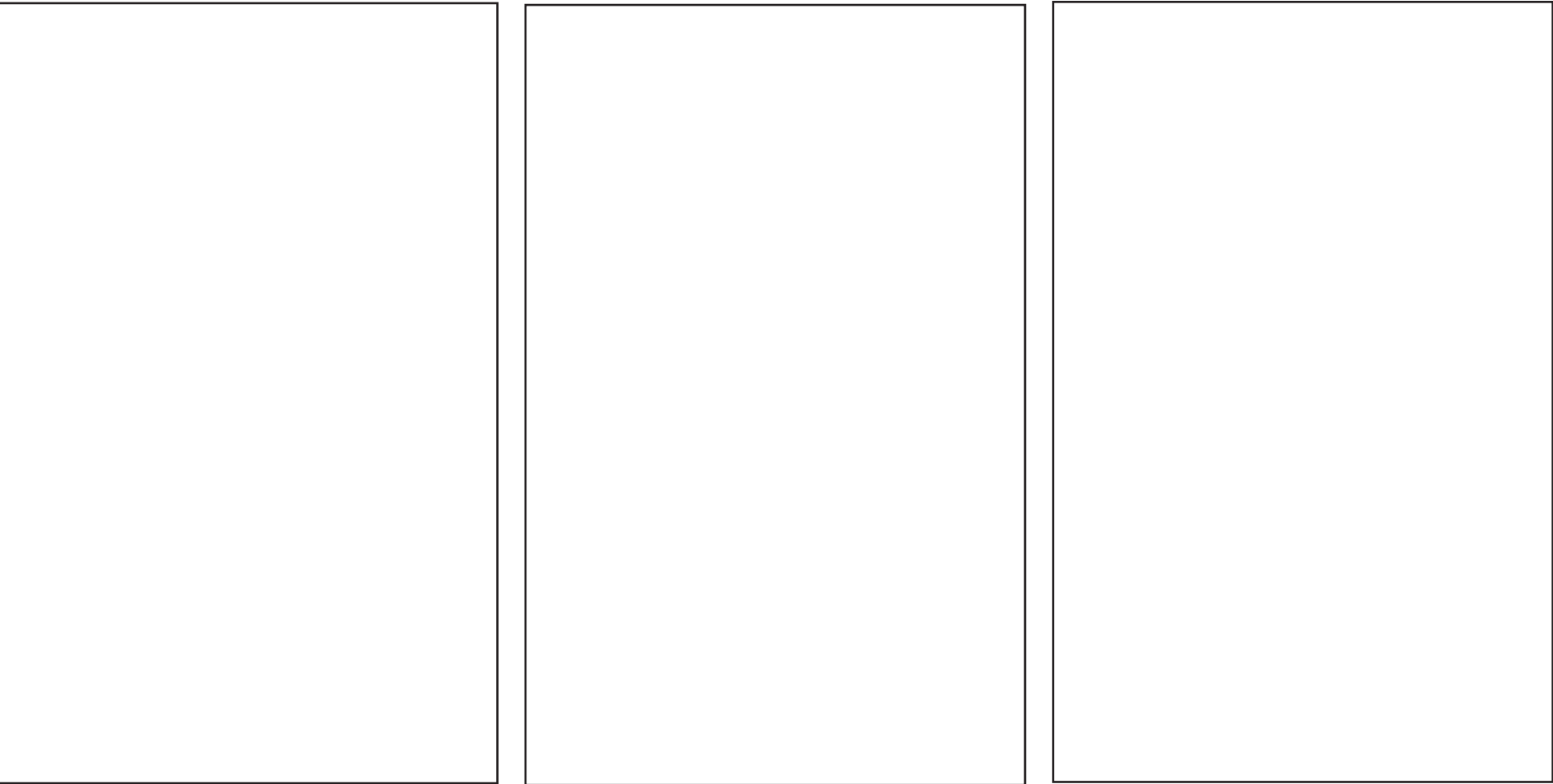
Cardiovascular diseases kill more women each year than all forms of cancer, chronic lung disease, pneumonia, diabetes, accidents and AIDS combined.

Nearly twice as many women in the United States died of cardiovascular diseases (500,000) in 1993 as from all forms of cancer (251,000, including 43,600 from breast cancer).

Ongoing research suggests that post-menopausal estrogen therapy reduces the risk of cardiovascular disease.

Low blood levels of good cholesterol is a stronger predictor of heart disease death in women than in men.

Recent studies indicate a difference in the perception of heart attack symptoms between men and women. One report (out of the Washington Hospital Center) suggests that while crushing chest pain is a common symptom among male heart attack victims, women are more likely to describe a tightness in the chest.



# Contest focuses on combat readiness

*Cash prizes to reward top three essays about joint warfighting challenges*

U.S. Naval Institute

The U.S. Naval Institute invites entries to its fifth annual Colin L. Powell Joint Warfighting Essay Contest. In the words of former Chairman of the Joint Chiefs of Staff, the competition seeks those who are motivated to enter this contest not by a need to toe the policy line, but who are devoted to the security of this great Nation.

Essays should be about combat readiness in a joint context—persuasive discussions of tactics, strategy, weaponry, combat training, force structure, doctrine, operations, organization for combat, interoperability of hardware and procedures, or other issues involving two or more services. Entries may be heavy in uni-service detail, but must have joint application. Entries are welcome from military professionals and

civilians alike. The Naval Institute will award cash prizes of \$2,500, \$2,000 and \$1,000 to the authors of the three best essays entered. Maximum length is 3,000 words, but shorter opinion pieces or professional notes may also be competitive.

Essays must be original and not previously submitted or published elsewhere. An exact word count must appear on the title page. Send to: Colin L. Powell Joint Warfighting Essay Contest, U.S. Naval Institute, 118 Maryland Ave., Annapolis, MD 21402-5035. Essays must be postmarked on or before April 1.

Essays are judged anonymously. Therefore, the following guidelines should be followed:

The name of the author should not appear on the essay.

Each author should assign a motto in addition to a title to the essay.

The motto and title should appear on the title page of the essay, in lieu of the author's name.

The motto should also appear by itself on the outside of an accompanying sealed envelope containing a sheet of paper with the author's name, address, telephone number, social security number, short biography, the title of the essay and the motto.

This envelope will not be opened until the Naval Institute has made its final selections.

Submit two complete copies, typewritten, double-spaced, on paper approximately 8 by 11. (If typed on a computer, please also submit an IBM-compatible disk and specify word-processing software used.)

The essays will be screened by a panel composed of officers from the five armed services, who will recommend six essays to the Naval Institute's Editorial Board. The editorial board will award the three prizes. The awards will be presented to the winning essayists at a special ceremony. Award winner will be notified by phone on or about May 20. Letters notifying all other entrants will be mailed by mid-June. The three prize-